GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

HIGH FIBER COOKING

By adding bran cereal that you can purchase in all supermarkets to some of your favorite recipes you can make them high fiber. How can you do this? Simply by adding them! In the following paragraphs I am going to give you some suggested ways that you can help your present diet to include more fiber.

To increase dietary fiber and stretch food dollars, extend ground meat with wheat bran cereal. The bran cereal not only extends the meat, but lends a slightly nutty flavor and produces a fine, not crumbly, texture. For each one pound of ground meat add up to ¾ cup of wheat bran cereal or 1½ cup wheat bran flakes. Soften the cereal in liquid ingredients for 1 to 2 minutes before adding to the ground meat. The mixture can then be shaped into patties or a loaf. For a juicer, more flavorful loaf, bake it in a 9 x 5 x 3 inch loaf pan or a 9 x 9 x 2 inch pan instead of a shaped loaf on a flat pan. The loaf pans will help the moisture of the meat soak into and blend with the cereals better.

Top your favorite meat loaf with barbeque or other sauce before baking or serve with a sauce at the table. When you add cereal to ground meat in this proportion, yield is approximately 6 servings.

On a crisp, cold morning serve your family with a steaming plateful of hearty bran pancakes. This is a good way to start the day. Each pancake contains about 2 tablespoons of wheat bran cereal. Use your favorite package pancake and waffle mix following the package recipe and directions, except add about 1 cup of wheat bran cereal per 1 cup of mix and increase the liquid by two or more tablespoons, according to personal preference.

The bran cereal gives these pancakes a whole grain look with a golden crust and a speckled brown interior. They have a moist, soft texture and that nutty flavor which is characteristic of bran.

A very enjoyable way to increase food fiber in your diet is by adding it to your own tried and true cookie recipe. Wheat bran cereal is a delicious addition to crisp and soft cookies alike. Substitute wheat bran for nuts in a recipe to add a slight flavor and texture difference. Or add the same amount of wheat bran cereal as flour called for in your recipe. Just mix it in at the end as you would nuts, dried fruit, or chocolate morsels.

By using bran cereal in cookies, pancakes, ground meat and other dishes you will find that this is an excellent way to increase fiber content of your family's diet. Bran cereals are still relatively inexpensive compared to many. Your family needs fiber in their diets. If you have children who would not eat a bowl of bran cereal, why not let them enjoy plenty of good, homemade bran cookies?

Homemakers, if you have a homemaking question or problem call or write the Appomattox County Extension Office. Our phone number is 352-8244 and our address is P. O. Box 488, Appomattox, Virginia 24522. It's always a pleasure to hear from you.

RECIPE OF THE WEEK
Bran Muffins

6 cups Bran (100% or Buds)
2 cups boiling water
1½ cups melted shortening
3 cups sugar
4 eggs, beaten
1 qt. buttermilk
5 cups flour
5 teaspoons baking soda
2 teaspoons salt

Pour water over 2 cups bran and allow to cool. Mix shortening, rest of bran with sugar, eggs and milk. Sift flour with soda and salt. Combine all ingredients. Bake at 400 degrees F. for 20 minutes. Very good with nuts or fruit. Mixture will keep covered in refrigerator for about 4 weeks.

Tire Care is a Do-It-Yourself Job

WASHINGTON, D.C. - Taking care of your tires is mainly a "do-it-yourself" job, according to the Tire Industry Safety Council.

"When you purchase a car, you certainly don't expect the dealer or manufacturer to keep checking and supplying oil to prevent engine damage," said Council Chairman Malcolm R. Lovell, Jr. "The same holds true for tires. It's up to you - - not someone else - - to make sure that air is put in your tires on a regular basis to provide maximum safety, performance, tread life and improved gasoline mileage."

Lovell said that tire pressure should be checked when tires are cold every two or three weeks and before long trips. "Tires are apt to lose about a pound of air per month in normal use," he said.

"Pressure also drops one pound for every 10-degree drop in temperature. Additionally, tires should be checked regularly for cuts and cracks in the treads and sidewalls, for irregular or excessive tread-wear, and for puncturing objects which might be embedded in the tead grooves."

Lovell noted that it is especially important to check radial tires frequently, since it is difficult to visually observe serious underinflation in tires of this construction.

"Proper tire inflation is one of the most neglected aspects of maintenance and care related to passenger automobiles in the United States," the national Business Council for Consumer Affairs concluded in a federally financed tire study. "The consequences of this neglect are serious to the American consumer in many respects."

Lovell pointed out that underinflation results in increased tire flexing, which can cause excessive heat and lead to a possible tire failure, culminating in a serious or fatal accident. He said vehicle stability and handling can also be adversely affected.

"For example, severely underinflated rear tires can cause cars to oversteer or sway laterally, so that an inexperienced driver might lose control during a quick lane-changing maneuver, resulting in an accident," he said.

A study by the National Bureau of Standards has found that more than one out of four cars has at least one seriously underinflated tire at least four psi (pounds per square inch) or more below the recommended normal inflation pressure for the vehicle.

"Also important to safe driving is the fact that improper inflation significantly accelerates the rate of tread wear," Lovell added. "Properly inflated tires can add up to five percent to gasoline mileage because they roll easier on the roll."

Lovell suggested carrying a hand pressure gauge in the glove compartment since air towers at service stations are apt to be incorrect.

"The proper amount of free air is the cheapest service you can give a tire and it will do the utmost toward extending its useful life while saving gasoline at the same time. With the advent of the self-service filling station, more tire maintenance responsibility is in the hands of the motorist. Routine inspections and pressure checks can insure better tire performance," Lovell said.

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Va. Fibre Reports Wood Purchases For Week

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville, for the week ending January 23, 1978. Purchases are listed by counties.

Albermarle	819.59
Amelia	—
Amherst	602.71
Appomattox	1,777.43
Augusta	—
Bedford County	720.01
Buckingham	2,558.07
Prince William	836.22
Campbell	1,383.95
Charlotte	—
Cumberland	920.66
Goochland	654.35
Halifax	258.58
Nelson	2,004.87
New Kent	—
Pittsylvania	297.22
Powhatan	364.52
Prince Edward	644.68
TOTAL	**$14,458.75**

We feel this information will be of interest to our readers in Appomattox County and in adjoining counties.

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Capitol Comments

BY DAN DANIEL
FIFTH DISTRICT, VA.

WASHINGTON - Sometime between the day these words are written and the day when you receive them, the President is expected to make a formal statement regarding proposals to combat inflation. Shortly thereafter The White House Conference on Balanced National Growth and Economic Development will convene. It is important that the latter give full consideration to the former. For there is no problem confronting this nation which is more serious than inflation.

It is amazing how many people do not know and do not want to know about this problem.

In this office we have received report after report, prepared by special interest groups for consideration at the White House Conference. They contain numerous recommendations as to what should be done to meet what they believe are basic needs in their areas of concern. Yet not one we have seen thus far even mentions the effect of inflation.

Are the cities strapped for money? It is not a historic problem; for years they existed and prospered, with never a hint of needing help. Now, the cost of providing even necessary services has risen faster than their ability to pay. The primary reason is inflation.

Do America's farmers need help? Again, costs have risen more rapidly than income. And the primary reason is inflation.

In any area of American society you choose to look, a price is being exacted by inflation. An income on which your parents could have lived in style is no longer adequate for basic existence. And there is no wonder.

Since 1968, the cost of living has risen more than 94 percent. So if you are making and spending more but enjoying it less, the reason is obvious - it is inflation.

At the same time, your income taxes have been escalating, too - taking bigger and bigger bites out of gross pay. And if you are like virtually everyone else, the taxes you pay on your possessions have gone up as well. By and large, this is not a matter of increases in the tax rate. Rather, it is that the evaluation of property has risen to accommodate inflation. There is much truth in the saying, "Inflation is what lets you live in a more expensive neighborhood without ever moving."

And inflation is what keeps a lot of fine young people, eager and willing to start families, from moving into that neighborhood, from embarking on careers as farmers, and small businessmen, as it jacks up the price of housing beyond the reach of - but the well-to-do, and the cost of going into business beyond the reach of any but the most affluent.

Inflation is the prod to switch from steak to hamburger, the block which necessitates postponement of a vacation, the deciding factor in whether you wear your winter coat or drive the same car one more year.

And if you thing prices are bad now, consider the following: If inflation continues another 10 years at the rate of six percent, a new car which now costs $5,200 will cost $9,300. A refrigerator which sells for $399 today, will cost $687. And if you are paying the barber about $3.00 to lower your ears, by 1998 it will cost in the neighborhood of $6.00.

We have said before that inflation is the cruelest tax of all, for it visits everyone. It is no respecter of age or station, it cares not that you may be a good citizen or bad. You don't get a little knocked off because of good character. Like a thief in the night it takes from the fruits of your labor and from your family, and from your future security. And it is being abetted by a government which spends and borrows without ever recognizing and acknowledging the damage it is doing to you, the citizens of this country that same government was designed to serve. You have no worst enemy and no enemy as little understood as inflation.

If there is any action I can take which will bring it to bay, this will be done.

Drug Abuse Prevention Campaign

RICHMOND - Gov. John N. Dalton has called the current Drug Abuse Prevention Campaign "to the attention of all Virginians."

In a "certificate of recognition," Gov. Dalton said, "Drug Abuse continues to plague our young Virginians, down to the elementary schools and through-h and after college."

"In an attempt to halt this damaging development, a Drug Abuse Prevention Campaign is underway in the Commonwealth, and I call its significance to the attention of all Virginians."

President Carter launched the campaign nationally on January 13, when he issued a proclamation setting January 16 to January 22 as Drug Abuse Prevention Week.

Leo E. Kirven Jr., M.D., commissioner of mental health and mental retardation, announced the Drug Abuse Prevention Campaign January 16 in Virginia. Dr. Kirvin said a steady effort will be made to make families, friends, and all agencies dealing with youth "aware that drug abuse can be prevented before it starts."

On January 19 the Virginia Advisory Council on Substance Abuse, headed by Jean L. Harris, M.D., Secretary of Human Resources, urged the public to take part "actively in preventing drug abuse before it starts."

The Department of Education has "urged all schools to continue to place emphasis on the prevention of substance abuse, not only during 'Drug Prevention Week' but, throughout the school year."

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Safety Sunday — February 19

LYNCHBURG, VA. - Many area ministers will be preaching alcohol and highway safety on Safety Sunday. February 19, 1978 is the thirteenth National Highway Safety Sunday. This year emphasis is being placed on curbing the drinking driver.

In the next ten years, one of four Americans will be killed or injured on the nation's highways and alcohol could account for half of these tragedies. The Central Virginia Alcohol Safety Action Program (ASAP) is conducting a seminar for ministers on Ash Wednesday (Feb. 8) to plan for Safety Sunday. ASAP Director L. T. Townes said, "The seminar will focus on drunk driving (DUI) and the steps being taken by police, citizens, and alcohol agencies to prevent DUI crashes and deaths."

The seminar, open to all ministers, will be held at the Virginia Baptist Hospital Auditorium from 9 a.m. until noon on Feb. 8, 1978. Speakers will include Rev. James R. Bock, Director Alcoholic Rehabilitation Center; L. T. Townes, ASAP Director; and Robert L. Keeton, ASAP Public Information Officer.

Internal Revenue News

RICHMOND VA - The Internal Revenue Service advises that the deadline for setting up an Individual Retirement Arrangement and taking the deduction for tax year 1977 is Feb. 14, 1978.

Taxpayers under age 70½ have 45 days from the end of the tax year to make their contribution and still deduct it on their tax return. In the case of a new Individual Retirement Arrangement, the account may be established at any time prior to or at the time a contribution is made. Thus, the fact that an IRA was not established by the end of 1977 will not prevent a deductible contribution from being credited that year.

If the worker does not actively participate in any other qualified deferred compensation plan or other government retirement plan, he or she may establish and contribute to a separate IRA for a nonworking spouse or maintain a separate account for the spouse in the worker's own IRA. For purposes of the deduction, equal contributions must be made to each account; and, the total amount cannot exceed 15 percent of the total compensation, up to $1,750. An IRA for only the worker is limited to a $1,500 deduction.

The advantage of an Individual Retirement Arrangement is that contributions and earnings thereon are not taxed until they are withdrawn, normally after retirement, at which time the individual probably would be in a lower tax bracket.

For more information, get IRS' free Publication 590, "Tax Information on Individual Retirement Savings Programs."

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CANCER Answer line

American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

A telephone operator asks: "Why do people claim to have been helped by Laetrile if it is as worthless as medical experts say?"

ANSWERline: Laetrile is an extract of apricot pits that has never been proven to be of any worth whatsoever in treating cancer. However, there are testimonials from people who claim to have used Laetrile. These are highly suspicious for a number of reasons. For instance, the patient may never have had medically-confirmed cancer in the first place. Or, a bona fide cancer patient may be responding to standard cancer treatment that he or she has received, but credit is given to Laetrile. Sometimes, cancer patients say that they "feel better" after taking Laetrile and this may have a psychological basis. The proponents of Laetrile are confident and optimistic and the patient may temporarily share the uplift even though it will ultimately prove to be false. Whenever you hear or read a testimonial about Laetrile please remember that it is only half the story: you are not hearing from the unfortunate people who relied on Laetrile and lost their lives as a result.

A ski instructor asks: "Do all skin cancers look alike?"

Answerline: No. Skin cancers vary considerably in appearance. For example, size, shape, color, texture may differ according to the type of skin cancer present. For this reason, it is important *not* to concentrate on how a skin cancer may look. It is far more productive to be aware of a skin change, for example, a change in a wart or mole; a sore that does not heal; a skin disruption that persists. Changes from the normal should be your tip-off. Don't try to diagnose a skin change yourself. If you notice something or have a question please contact a physician. Most skin cancer is highly treatable and the amount of treatment one may need may well depend on how quickly it is detected.

A high school teacher writes: "I have observed that some of the most 'popular' girls in my class are cigarette smokers. Is that common?"

ANSWERline: In 1975 the research firm of Yankelovich, Skelly and White did a survey of cigarette smoking among teenage girls for the American Cancer Society. It was found that the teenager who smokes is very much a confident, socially at-ease person in her group. In many ways she is also a rebel, more likely to drink alcohol and use marijuana. Fortunately, the majority of teenage girls do not smoke, neither do they consider cigarettes to be a social asset. Also, the study found that most teenage smokers want to quit, and many are not yet committed to this dangerous habit.

Arrived For Duty

HAMPTON, VA. - U. S. Air Force Staff Sergeant Banks Jones, son of Mr. and Mrs. Banks Jones, of Rt. 1, Appomattox, Va., has arrived for duty at Langley AFB, Va.

Sergeant Jones, a security specialist with a unit of the Tactical Air Command, previously served at McConnell AFB, Kan.

The sergeant is a 1972 graduate of Appomattox County High School.

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A Message From the Directors:

TEAMWORK & GOOD PLANNING

A Combination that makes the Operations at
SOUTHSIDE ELECTRIC COOPERATIVE
Efficient and Effective when Disaster Strikes

Teamwork and Good Planning is what restored electric service to our membership in record time, after the three major sleet and snow storms in mid-January, which happened within one week. Many members lost their Service after each of the three storms.

The **Teamwork** displayed by the employees and contractors (*), repairing the damages to SEC lines serving our entire membership, accounted for the rapid restoration of service.

(*) Contractors: Wallace Boyd Construction Company
R. W. Love Construction Company
Wilson Abernathy Construction Company

The Board of Directors appreciates this effort and salutes the **Teamwork** of our employees. We believe this to be the essence of an efficient and effective organization.

The **Good Planning** made by the management and the staff, of course, made it possible for this **Teamwork**; and as the employees and contractors went about their emergency work, they were able to make progress and accomplish their mission in rapid time.

The Board of Directors appreciates these hours of planning by the management and staff, and also wishes to salute them for their foresight which made it possible to handle this emergency. At times there were as many as 60 vehicles with two, three and four-man crews working as a Team. Speed and Safety went hand-in-hand.

The Board of Directors strives to develop policies to give the SEC employees the best in working conditions, and we appreciate this resulting Teamwork.

The Board of Directors is always alert to improve its policies to permit Good Planning; and we believe our management and staff take advantage of every modern program to bring about this efficient and effective operation at

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January 19, 1978